



# THE BEACON

## JULY 2003

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### July Events

July 4      Independence Day

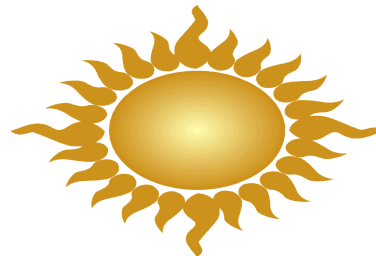


With the complex maze of services offered to Sailors and their families, sometimes you need help navigating the system. The Information & Referral (I&R) program helps Sailors and family members find out what is offered and how to access the services they need.

The I&R Department maintains a comprehensive databank of information. We're here to help you save time. The I&R Program provides information in the following areas in both the military and civilian community:

- . Schools and educational services
- . Social services
- . Child care
- . Temporary and permanent housing
- . Emergency needs
- . Health and medical care

Additional resources:  
[www.lifelines2000.org](http://www.lifelines2000.org)  
[www.usmc.mccs.org](http://www.usmc.mccs.org)



For more information, contact the I&R Specialist at 452-5990, ext. 104.

### Fireworks Safety Tips

- \* The National Council on Fireworks Safety recommends the following safety tips:
- \* Always read and follow label directions.
- \* Have an adult supervise all fireworks activities.
- \* Use only outdoors.
- \* Ignite away from buildings and vehicles.
- \* Keep a bucket of water or a garden hose handy.
- \* Never experiment or attempt to make your own fireworks.
- \* Light fireworks one at a time.
- \* Never re-ignite malfunctioning fireworks.
- \* Store fireworks in a cool, dry place.
- \* Never shoot fireworks in the direction of other people.
- \* Don't shoot fireworks in metal or glass containers.
- \* The shooter should always wear eye protection and never have any part of the body over the fireworks.

# The Story Of Independence Day



Independence Day is the national holiday of the United States of America commemorating the signing of the Declaration of Independence by the Continental Congress on July 4, 1776, in Philadelphia, Pennsylvania.

At the time of the signing, the US consisted of 13 colonies under the rule of England's King George III. There was growing unrest in the colonies concerning the taxes that had to be paid to England. This was commonly referred to as "Taxation without Representation" as the colonists did not have any representation in the English Parliament and had no say in what went on. As the unrest grew in the colonies, King George sent extra troops to help control any rebellion. In 1774 the 13 colonies sent delegates to Philadelphia Pennsylvania to form the First Continental Congress. The delegates were unhappy with England, but were not yet ready to declare war.

The following May the colonies again sent delegates to the Second Continental Congress. For almost a year, the Congress tried to work out its differences with England, again without formally declaring war.

By June 1776 their efforts had become hopeless and a committee was formed to compose a formal Declaration of Independence. Headed by Thomas Jefferson, the committee included John Adams, Benjamin Franklin, Philip Livingston and Roger Sherman. Thomas Jefferson was chosen to write the first draft, which was presented to the Congress on June 28. A vote was taken late in the afternoon of July 4th and of the 13 colonies, 9 voted in favor of the Declaration, Pennsylvania and South Carolina voted no, with Delaware undecided and New York abstained.



The following day, copies of the Declaration were distributed. The first newspaper to print the Declaration was the Pennsylvania Evening Post on July 6, 1776. On July 8th the Declaration had its first public reading in Philadelphia's Independence Square. Twice that day the Declaration was read to cheering crowds and ringing church bells. The "Province Bell" would later be renamed "Liberty Bell" after its inscription, *"Proclaim Liberty Throughout All the Land Unto All the Inhabitants Thereof."*

Although the signing of the Declaration was not completed until August, the 4th of July has been accepted as the official anniversary of United States Independence. The first Independence Day celebration took place the following year - July 4, 1777. By the early 1800s the traditions of parades, picnics, and fireworks were established to celebrate America's birthday. Fireworks have been banned in most places because of their danger, but many towns and cities have firework displays for all to see and enjoy.

# July 2003

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Spouse Employment Workshop 0830—1100	<b>2</b> Smooth Move 0900—1100 Anger Management 0900—1200	<b>3</b> SPARKS 1630—1800	<b>4</b> 
<b>7</b> Brown Bagger Workshop for Financial Planning 1100—1200	<b>8</b> Transition Assistance Program (1 of 4) 0800—1600 Career Life Planning (1 of 3) 1730—2100	<b>9</b> Transition Assistance Program (2 of 4) 0800—1600 Career Life Planning (2 of 3) 1730—2100	<b>10</b> Transition Assistance Program (3 of 4) 0800—1600 Parents ROTC 1530—1700 Career Life Planning (3 of 3) 1730—2100	<b>11</b> Transition Assistance Program (4 of 4) 0800—1600 Divorce Workshop 1000—1100
<b>14</b> Credit Crunch for Lunch Bunch 1100—1200	<b>15</b>	<b>16</b> Resume Writing 0900—1100 Starting Your Own Business 1300—1500	<b>17</b> SPARKS 1630—1800	<b>18</b> Stress Management 0900—1100
<b>21</b> Car Buying Workshop 1100—1200	<b>22</b> Spouse Employment Workshop at Night 1730—2030	<b>23</b>	<b>24</b> Parents ROTC 1530—1700	<b>25</b> Divorce Workshop 1000—1100
<b>28</b> Career Status Redux 1100—1200	<b>29</b>	<b>30</b> Sponsor Training 0900—1100	<b>31</b>	

Registration for classes is required. To register, call 452-5990, ext. 104.

## FINANCIAL EDUCATION

### Financial Planning

Time is costing you MONEY! Why wait any longer to start your Savings & Investment Plan? Learn the basics of savings and how to start building your investment portfolio.

### Credit Management

Planning to make a major purchase or just curious about your credit? Your credit reports and your financial history should not be a mystery. Learn how to better maintain your credit file, correct inaccuracies through the major credit bureaus, and prevent identity theft.

### Car Buying

Let us help you take the headache out of purchasing your next new or used vehicle. Do your homework before you pull into the dealer's lot. This class will help you learn the right way to purchase your next automobile.

### REDUX and the \$30,000 Bonus

Service members, who joined after 31 July 1986 and reach their 15th year of service, have options to consider. Be informed.

## RELOCATION ASSISTANCE

### Sponsor Training

The Command Coordinator assigns a sponsor to new arrivals and their families. Sponsorship is an important responsibility and your efforts can make a difference in the transition to a new command. This class provides information for the sponsorship role.

### Smooth Move

If you are moving soon, you do not want to miss this informative workshop. Topics discussed include Household Goods, Personnel Support Division, Housing, Legal, and Fleet and Family Support Center. Come and learn about your PCS entitlements!

### Cultural Adaptation

Avoid culture shock after you arrive at your new overseas duty station!! Learn what is and is not acceptable in the country.

## GENERAL LIFE SKILLS

### Anger Management

How is anger affecting you and/or your relationships? This three hour workshop will illustrate the differences between anger, assertiveness, stress, and aggression. You will also learn general skills and practical techniques for managing anger.

### Stress Management

Stress can damage your health, both physically and mentally. Learn how to recognize stress and become more productive, happier, and healthier.

## TRANSITION ASSISTANCE

### Transition Assistance Program

A four-day veterans' benefit information and employability skills seminar for retiring and separating military members and their spouses. Reservations must be made through your Career Counselor.

### Resume Writing

Learn how to market yourself effectively through a well-written resume. Our resume specialists can help you convert your military skills to civilian skills.

### Starting Your Own Business

The Small Business Development Center, along with the University of West Florida, is offering a monthly series of workshops about starting your own business. A different topic will be explored each month.

## SPOUSE EMPLOYMENT

### Career Life Planning

This class teaches you the fundamentals of finding the hidden job market and marketing yourself for a better job. This class is a three part series including skills assessment, resume building, marketing tools, and assistance in achieving a competitive edge in today's job market.

### Spouse Employment Intake

This is a group intake that is designed to assist the military spouse in gaining a better understanding of the local job market. It includes information on federal job hunting, resume writing and volunteering. If you have a resume, please bring it with you.

## PARENTING

### Positive Parenting

Being an effective parent is one of the most rewarding tasks in life and one of the most challenging. STEP (Systematic Training for Effective Parenting) provides a practical approach to raising children. This class will guide you to a philosophy of child training that more than three million parents have found to be effective.

### Moms Reaching Out To Cope

This is a support group for expecting and new parents. Group discussions are encouraged on issues you may be dealing with. Our knowledgeable staff helps you cope with and provides answers to common parenting questions and provides support with the relationship issues. Parents are encouraged to bring their children.

### Solo Parenting and Raising Kids Successfully (SPARKS)

Are you sailing the ship of solo parenting? This support group is for single parents and relates to the difficult issues of raising a child alone. Please join us for a lot of fun and meet other single parents in the area.

## PICNIC FOOD SAFETY TIPS

It's that time of year where we spend the day at the beach or maybe a few days camping. The summer heat can make packing for a picnic a little difficult. To make sure your food will stay safe to eat, follow the following guidelines from the United States Department of Agriculture, Food Safety Service:

- ◆ Pack perishable foods directly from the refrigerator or freezer into the cooler.
- ◆ Wrap raw meat and poultry separately. Be sure you wrap items very tightly to prevent their juices from dripping onto other foods.
- ◆ Pack the cooler completely full. Fill any remaining space with more ice or non-perishable foods.
- ◆ Foods and beverages are best packed in separate coolers.
- ◆ Once at the beach or campsite, partially bury the coolers in the sand and shade with a beach umbrella.
- ◆ Don't forget to bring along paper towels and/or moist towelettes for cleaning hands.
- ◆ Wrap leftovers in plastic bags and aluminum foil. Discard foods left out for more than two hours, unless they are still cold to the touch.



Following this advice can make the difference between a day to remember or one that is remembered because of illness from improperly handled food.



The staff at the Fleet & Family Support Center (FFSC) would like to **welcome back** Candace Currier, Regional Director, FFSC. Candace has been attending the U.S. Naval War College in Newport, Rhode Island. The FFSC staff is extremely proud of Candace and her accomplishments.

## NAVAL AIR STATION, PENSACOLA FLEET AND FAMILY SUPPORT CENTER STAFF

Bobbie Simpkins, ext. 142	Regional Director	Jim Gordon, ext. 110	Counselor
Pat Gibbs, ext. 141	Management Assistant	Jeanine DeCuir, ext. 105	Counselor
Sandy Smith, ext. 136	Programs Coordinator	Mike Reynolds, ext. 106	Counselor
Floyd Steiner, ext. 104	Information and Referral	Phyllis Hain, ext. 109	SAVI Coordinator
John Kramer, ext. 101	Front Desk Receptionist	Judi Allen-Jewell, ext. 144	New Parent Support Team
Terry Harris, ext. 132	Financial Education	Rose Slay, ext. 130	New Parent Support Team
Michael Brady, ext. 112	Family Advocacy Rep.	Lee Wheaton, ext. 131	New Parent Support / Newsletter
Lori Landau, ext. 115	FAP Administration	J.R. Welcome, ext. 127	TAMP Manager
Ronni Price, ext. 117	FAP Counselor	Jeff Bernard, ext. 128	Transition
Alice Pearson, ext. 116	FAP Counselor	Rudy Ramos, ext. 129	Transition
Gracie Hargraves, ext. 120	FAP Counselor	Kathy Sims, ext. 124	Relocation
Shawn Fitzpatrick, ext. 119	FAP Counselor	Jean Hynes, ext. 123	Relocation
Garland Hill, ext. 121	FAP Counselor	Shelia McNeely, ext. 149	Relocation
Jimmy Williams, ext. 114	FAP Child Specialist	Yonna Diggs, ext. 125	Spouse Employment
Lucie Easley, ext. 114	FAP Child Specialist	Dee Karling, ext. 137	PREVENT
Desiree Fields, ext. 107	Victim Advocate	Susan Frishkorn, ext. 134	AMVETS Services Officer
Sylvia Starling, ext. 113	Counselor	Dennis J. Kerr, ext. 111	Retired Activities Coordinator
		Jim Gardner, ext. 135	Military Debt Management Agency

***Fleet and Family Support Center, Building 625, Naval Air Station, Pensacola***

***Phone: (850) 452-5990, DSN 922-5990***

***Hours: 0630 to 1700, Monday - Thursday and 0730—1600, Friday***

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## Hurricane Tips

During hurricane season, a hurricane can affect our area in as little as 12 hours. At this point, you should be ready for the hurricane. Make sure that you have your candles and batteries out and in an accessible location in case of power loss. Power companies often secure power before the storm arrives to reduce the impact of storm damage to the electrical grids.

Family pets are not allowed in public shelters. If you must leave your pet at home, prepare an area that is easily cleaned, such as a bathroom or utility room. Have something for your pet to climb up on in case of rising water. Do not leave the animal near a window.

